

# ST. JOHN'S

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## Inclusion Advisory Committee

December 1, 2020

12:30 p.m.

Virtual

Pages

1.	CALL TO ORDER	
2.	APPROVAL OF THE AGENDA	
3.	ADOPTION OF THE MINUTES	
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5.	BUSINESS ARISING FROM THE MINUTES	
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6.	OTHER BUSINESS	
7.	DATE AND TIME OF NEXT MEETING	
8.	ADJOURNMENT	

# INFORMATION NOTE

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**Title:** Healthy City Strategy Presentation to Inclusion Advisory Committee

**Date Prepared:** November 9, 2020

**Report To:** Inclusion Advisory Committee

**Councillor and Role:** Councillor Deanne Stapleton

**Ward:** N/A

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**Issue:** Healthy City Strategy – Inclusion Advisory Committee Review

**Discussion – Background and Current Status:**

In 2018, Council approved the development of a Healthy City Strategy. The strategy will be a long-term plan focused on building healthy neighbourhoods that support the health, wellness and inclusion of all citizens.

Through stakeholder engagement and research, Healthy City St. John's identified six 'Pillars' to support the strategy, they are:

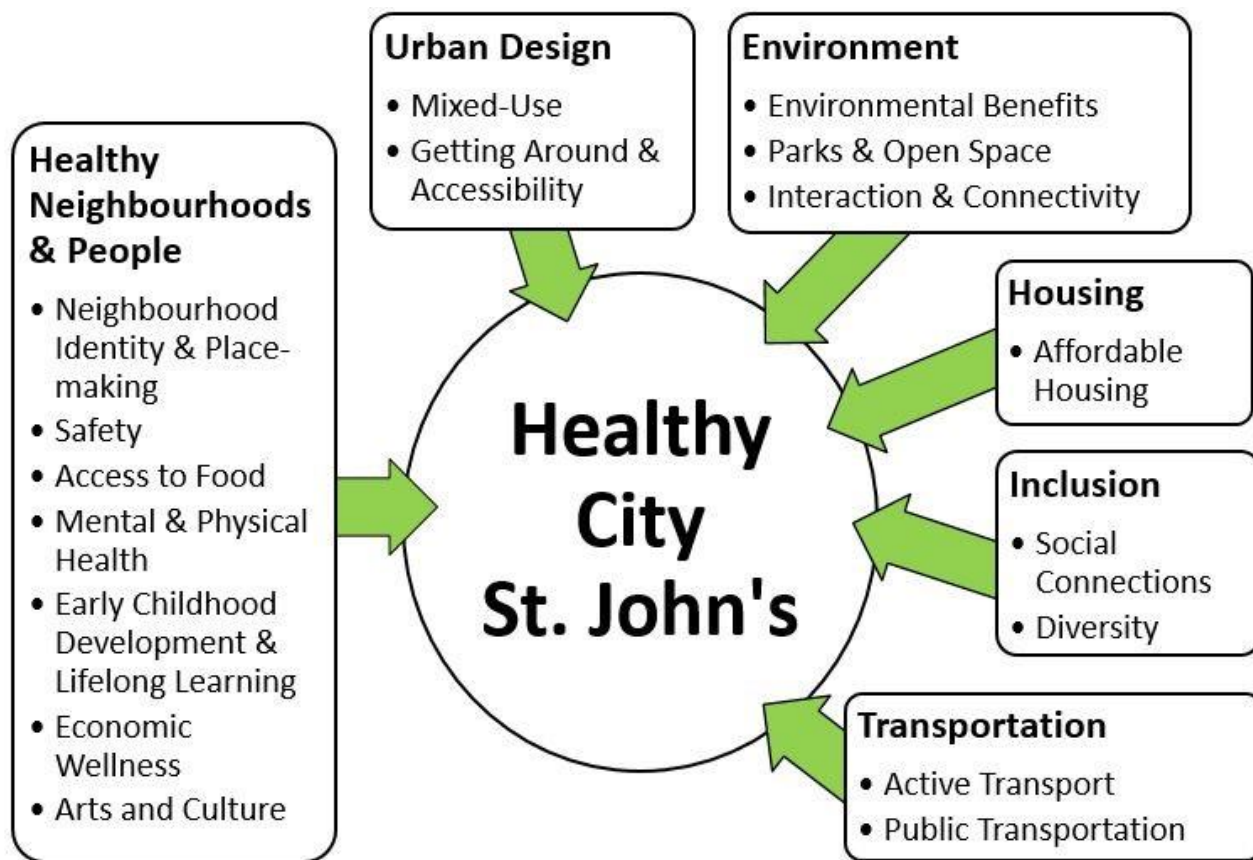
- Healthy Neighbourhoods & People
- Urban Design
- Transportation
- Environment
- Housing
- Inclusion

In the Healthy City Strategy, each 'pillar' has its own respective goal and is supported by healthy city 'assets'.

The infographic below shows how each of the pillars and assets fit together to support a healthy city.

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# ST. JOHN'S



The Healthy City Strategy aims to improve people's health and wellbeing by addressing [the social determinants of health](#). The social determinants of health are the social and economic conditions that impact people's health and the City of St. John's will work in collaboration with various levels of government, sectors, and community stakeholders to improve the health of people and the neighbourhoods they live in.

The Healthy City Strategy works to improve the determinants of health by supporting the healthy city 'assets' for every neighbourhood. These healthy city assets are the building blocks that need to be present in a City (or neighbourhood) to foster health and wellness for all. To have healthy people, we need to make sure that all residents live in neighbourhoods that support good health and wellbeing.

Before the first draft of the Healthy City Strategy goes to Council for review, we are seeking input from expert stakeholder groups, such as the Inclusion Advisory Committee, to ensure that we capture the priorities of the Inclusion Community.

### Key Considerations/Implications:

1. Budget/Financial Implications: NA
2. Partners or Other Stakeholders:

- Advisory Committees of Council and related working groups and expert panels; City Staff; Eastern Health; Community Stakeholders

3. Alignment with Strategic Directions/Adopted Plans:

- A Connected City - A city where people feel connected, have a sense of belonging, and are actively engaged in community life
- A City that Moves - A city that builds a balanced transportation network to get people and goods where they want to go safely.
- A Sustainable City - A city that is sustainable today and for future generations; economically, environmentally and financially.
- Envision Municipal Plan
- Healthy City Strategy

4. Legal or Policy Implications: NA

5. Privacy Implications: NA

6. Engagement and Communications Considerations: NA

7. Human Resource Implications: NA

8. Procurement Implications: NA

9. Information Technology Implications: NA

10. Other Implications: NA

**Conclusion/Next Steps:**

Continue to work with the Inclusion Advisory Committee, and its respective working groups, on future engagement around the Healthy City Strategy and its deliverables and outcomes.

**Prepared by/Signature:** Bruce Knox, Healthy Communities Fieldworker

**Reviewed by/Signature:** Natalie Godden, Manager, Family & Leisure Services

**Approved by/Signature:** Tanya Haywood, Deputy City Manager, Community Services

**Attachments:** Discussion Guide

### Report Approval Details

Document Title:	Healthy City Strategy Presentation to Inclusion Advisory Committee.docx
Attachments:	- IAC_ HCSReview_DiscussionGuide.docx
Final Approval Date:	Nov 23, 2020

This report and all of its attachments were approved and signed as outlined below:

**Natalie Godden - Nov 23, 2020 - 4:45 PM**

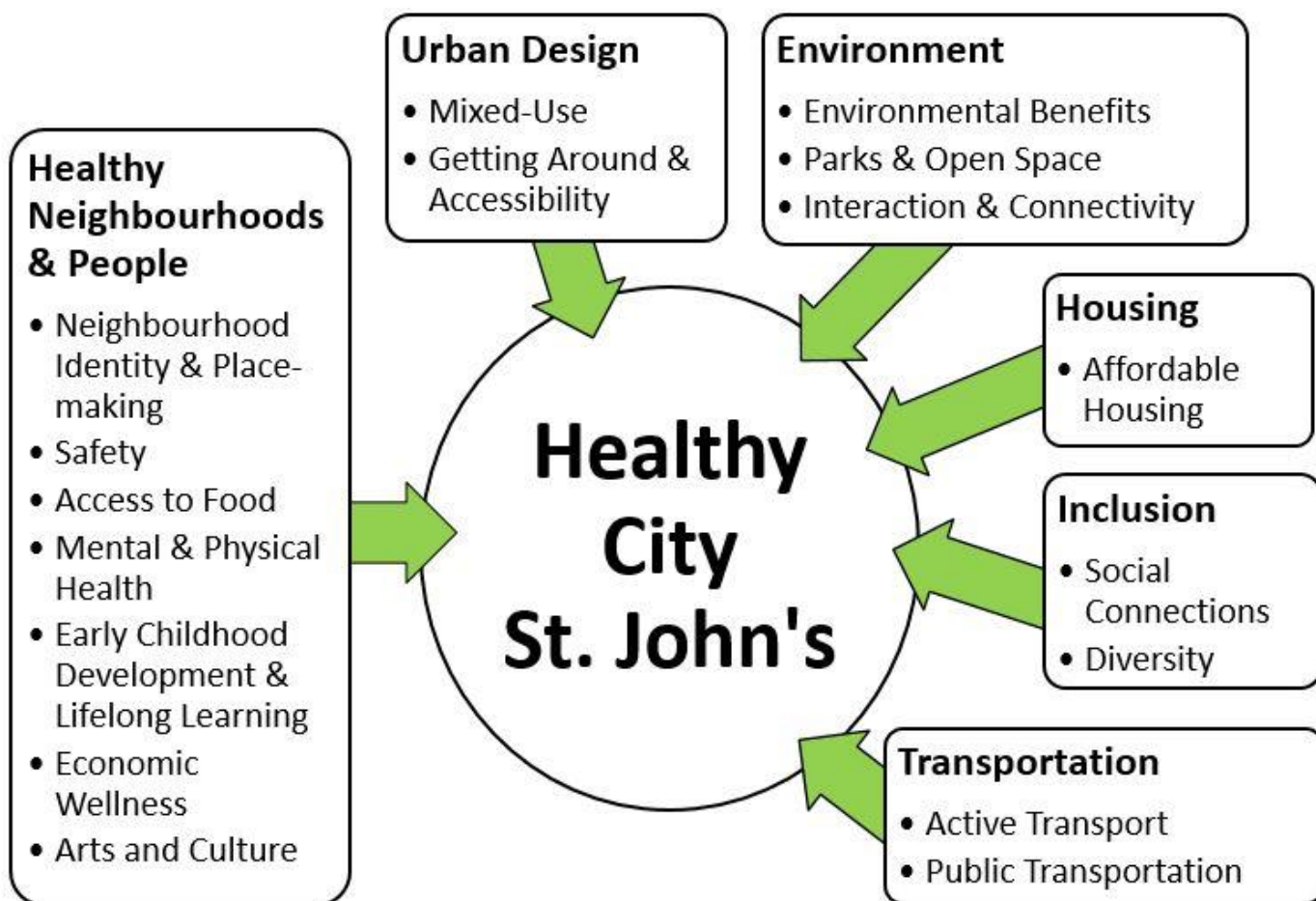
**Tanya Haywood - Nov 23, 2020 - 5:42 PM**

## Healthy City Strategy

A Healthy City Strategy will be the City's long-term plan to improve physical, mental, social and environmental conditions that impact people's health.

Through the Healthy City Strategy, the City of St. John's is seeking the input from experts on what we've identified as the pillars, goals, assets and implementation strategies to support a healthy city.

## Healthy City Strategy Pillars



## **Pillar name:** Inclusion

**Goal:** A diverse city where residents of all ages feel safe, included, connected, with each other and with the city

**Healthy City Asset:** Social Connections; Diversity.

### **Implementation Strategies:**

#### Social Connections

1.0 Support activities, policies, and Programs that enable residents of all ages, abilities, and backgrounds to connect with the city and with each other

Example Action: Training for Council members and Managers in Inclusion, providing insight into components of decision making that promote healthy public policies, making St. John's more accessible and inclusive

Example Action: Develop a comprehensive inclusion policy for the City

1.1 Connect residents with health supportive services in every neighbourhood across the city.

1.2 Support transitional programming to connect people to the community

1.3 Create equitable opportunities for residents to participate in and connect with the city

Example Action: Work with the Inclusion Advisory Committee to improve city-wide communications and wayfinding initiatives to be inclusive and accessible

#### Cultural Diversity

1.4 Support equity, diversity initiatives, and representation in St. John's

Example Action: Support the work of the Local Immigration Partnership Working Group on Health and Wellness and Welcoming Communities

Example Action: Offer cultural celebrations throughout the year as part of CSJ special events

1.5 Foster anti-racism and inclusion in our city through collaboration with individuals, organizations and experts with lived experience of racism and discrimination

Example Action: Support the work of the Anti-Racism working group to address systemic discrimination and racism in St. John's

Example Action: Work with Anti-Racism Working group (including First Voice and First Light) to build relevant items from the First Voice Community Action Plan into the Healthy City Strategy

## **Pillar name:** Healthy Neighbourhoods and People

**Goal:** A City of complete neighbourhoods where residents feel safe, healthy, and connected to each other - neighbourhoods where people want to live, learn, work, and play.

**Healthy City Asset:** Neighborhood identity & Place Making;

### **Implementation Strategies:**

#### Neighborhood identity & Place Making:

1.1 Continue to foster connections between people and places in neighbourhoods

#### Safety:

1.2 Improve the safety of neighbourhoods and streets

Example Action: Build partnerships with outreach organizations (Ex. Thrive, St. John's Women's Centre, St. John's Pride) to create safer streets.



### Mental and Physical Health:

1.3 Support training in Mental Health Promotion across City of St. John's and community organizations

1.4 Create equitable opportunities for residents to engage in active lifestyles

### Early Childhood Development and Lifelong Learning:

1.6 Provide opportunities that enable residents of all ages, abilities, and backgrounds to participate in programs and services that build new skills.

### Arts & Culture

1.7 Diversify Arts and Culture across the City of St. John's

### Access to Food

1.9 Support research and measurement of the local food environment to inform public policies and activities that improve people's access to healthy food.

1.11 Support equitable access to and affordability of healthy food options in all neighbourhoods

Example Action: Facilitate discussions with the Inclusion Advisory Committee/Seniors Advisory Committee to capture how to improve access to affordable food during all seasons.

### Economic Wellness:

1.14 Collaborate and work with the provincial government and local non-profits to foster economic wellness for residents

1.15 Make St. John's an attractive, livable city for persons of all ages, abilities and backgrounds

Example Action: Address affordability of living in St. John's by working with partners to improve access to food, housing, transportation for low-income residents.

## **Pillar: Urban Design**

**Goal:** A City where resident's quality of life is improved through healthy design of streets, neighborhoods and public spaces.

**Healthy City Asset:** Getting Around & Accessibility

### **Implementation Strategies:**

#### Getting Around & Accessibility:

1.2 Enhance Neighbourhood walkability/wheelability

1.3 Enhance the accessibility of streetscapes and facilities using universal design principles

1.4 Increase understanding, advocacy and implementation of Universal Design Principles

Example Action: Transfer knowledge throughout the construction industry and with landlords to enable a better understanding of Universal Design (UD) features versus full accessibility

1.5 Support the implementation of complete street guidelines

## **Pillar: Transportation**

**Goal:** An efficient, active and accessible transportation network that gets people where they want to go safely.

**Healthy City Asset:** Active Transportation; Public Transportation

### **Implementation Strategies:**

#### Active Transportation:

1.1 Support the expansion and maintenance of a safe, accessible active transportation network for all users.

#### Public Transportation:

1.2 Support a sustainable, efficient, accessible public transportation System

1.3 Increase public transit through higher density areas, mixed-use areas and along main transit corridors

1.4 Build an accessible multi-modal transportation system

## **Questions for the Inclusion Advisory Committee – Review of the Healthy City Strategy**

1. After reading the goals – what are your thoughts? Does this capture what you expect the city to be working towards around “inclusion” – What feedback do you have?
2. What are the biggest barriers to social inclusion in the city? And, what sort of activities or policies would help break down barriers?
3. If you look at the Assets listed above – is there something that is missing?
4. We’re looking for ways to increase people’s sense of belonging / social safety net in St. John’s. What comes to mind for how we can mobilize / support systems that create spaces for all ages to feel connected?
  - a. This could be captured as an implementation strategy.
5. Equity is a key piece of any healthy city strategy, and we have identified “Diversity” as a key asset (or building block of any healthy neighbourhood/city). What is the first step to increase diversity (of all peoples) and what do you think is the city’s role?
  - a. This too could be captured as an implementation strategy.

# Healthy City



## ST. JOHN'S





# ST. JOHN'S

# **For your consideration**

**This Healthy City Strategy is still in its infancy and this first draft is focusing on high level priority areas and how we will start to create change in our city. Today we are focusing on the language in the mail goals and implementation strategies.**

# Make the **Healthy** Choice the *Easy* Choice

(Filling the Gaps)




# In December 2018...



## Healthy City St. Johns

Making small changes in our neighborhoods that work to promote mental and physical health, strengthen capacity and create a sustainable healthy future for all.



**Recommendation 1**: Council approval to develop and execute a Healthy City St. John's Strategy and its desired outcomes.



# BIKE ST. JOHN'S MASTER PLAN

2019-2029

CITY OF ST. JOHN'S  
**STRATEGIC  
PLAN**



Affordable Housing  
ST. JOHN'S

CITY OF ST. JOHN'S  
10-YEAR

Affordable Housing  
Strategy

2019 2029



World Health  
Organization

The Global Network for  
Age-friendly Cities and Communities

**ROADMAP** 2021  
A Strategic Economic Plan For St. John's

Envision St. John's  
Municipal Plan

ST. JOHN'S PARKS & OPEN SPACE MASTER PLAN

December 2014 | FINAL REPORT

ST. JOHN'S

# What is a Healthy City?

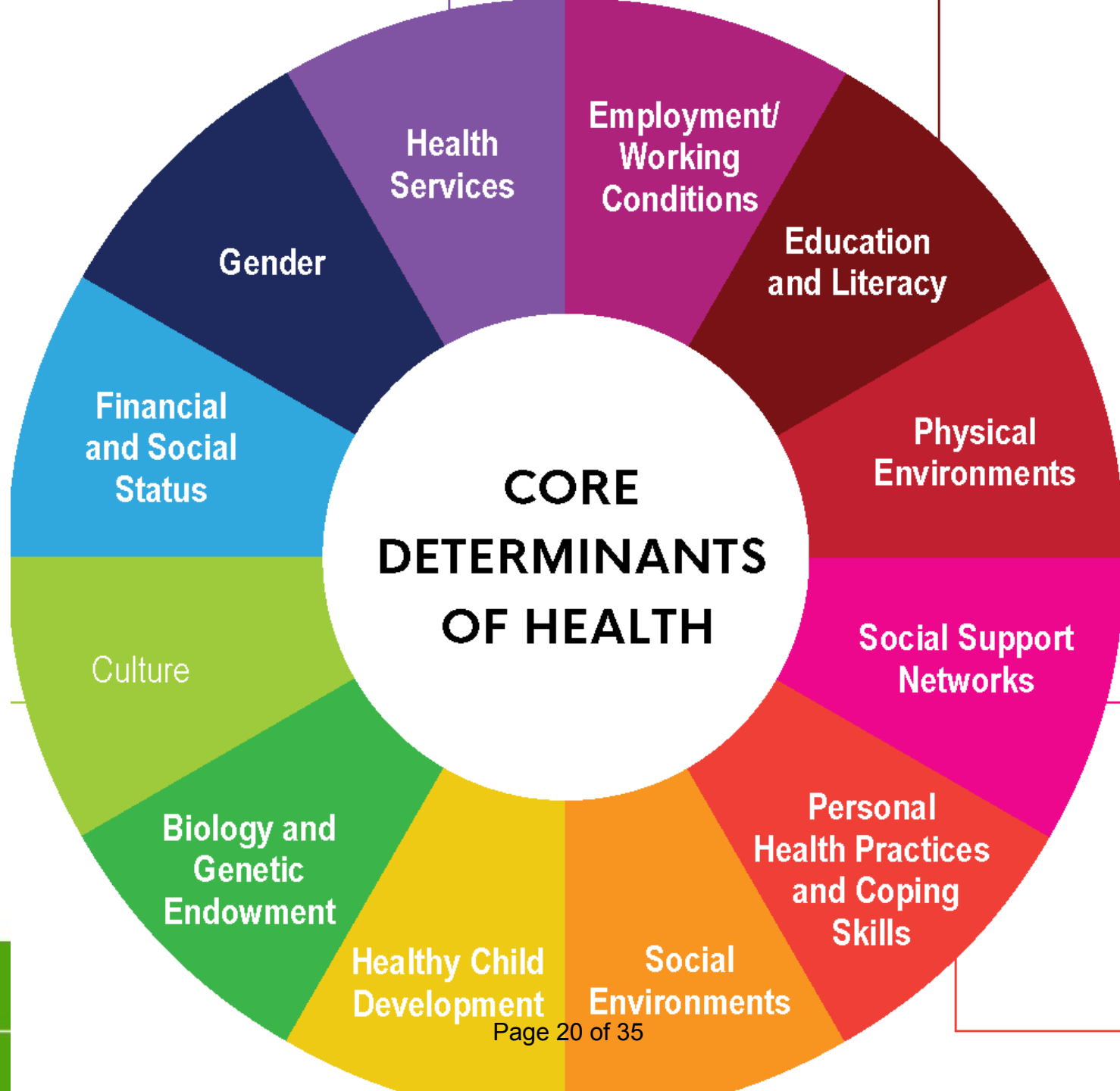
- All residents have access to the conditions and services that promote health and wellbeing.
- Where the healthy choice is the logical choice.



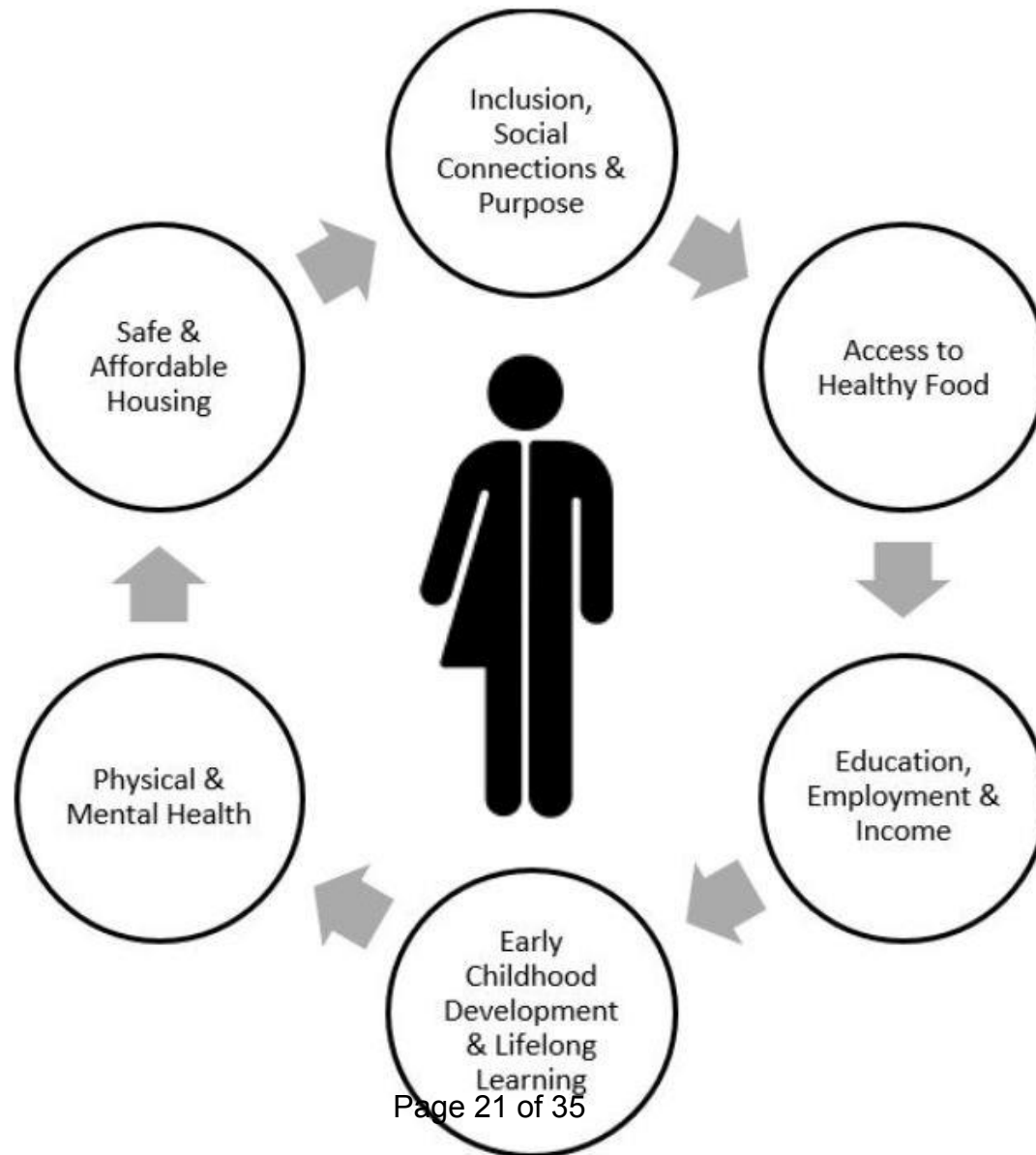
# What is a Healthy City Strategy?

- Long-term plan to improve physical, mental, social and environmental conditions that impact health
- Long Term plan (short; medium; long goals)
- Brings health to the decision-making table

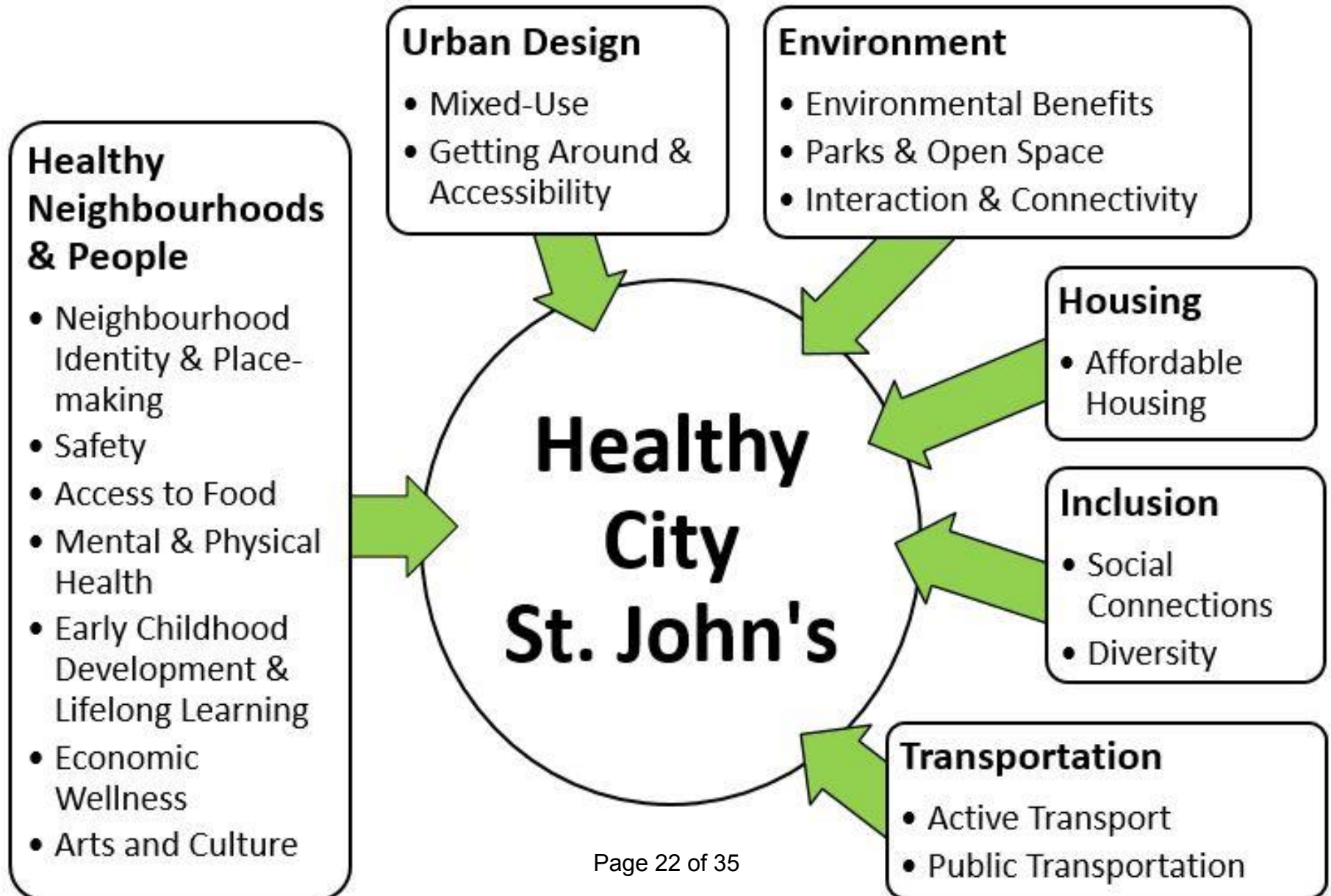




# Healthy People



# Pillars of a Healthy City



# Healthy City Pillars and Goals

**Healthy Neighbourhoods and People:** A City of complete neighbourhoods where residents feel safe, healthy, and connected to each other - neighbourhoods where people want to live, learn, work, and play.

**Urban Design:** A City where resident's quality of life is improved through healthy design of streets, neighborhoods and public spaces.

**Environment:** Connect and preserve parks and open spaces to support equitable access to natural environments.



# Healthy City Pillars and Goals

**Housing:** A city with a wide range of affordable, adequate, and accessible housing options that contribute directly to community health, sustainable growth and economic security.

**Inclusion:** A diverse city where residents of all ages feel safe, included, connected, with each other and with the city.

**Transportation:** An efficient, active and accessible transportation network that gets people where they want to go safely.

# City of St. John's Healthy City 'Assets'

Affordable Housing	Mixed-Use
Getting Around & Accessibility	Active Transportation
Public Transportation	Parks & Open Space
Interaction & Connectivity	Environmental Benefits
Neighborhood Identity & Place-making	Safety
Mental & Physical Health	Economic Wellness
Arts & Culture	Access to Food
Early Childhood Development & Lifelong Learning	Social Connections
Diversity	Collaborative Leadership

## Healthy City Asset Mapping





# What Does this Mean for City of St. John's

The **Healthy City Strategy** provides the City with the **framework** to take a **leadership role** in the planning of **healthy, inclusive and safe neighborhoods**, while highlighting our current and future work that **promotes a city where people don't just survive, but thrive.**



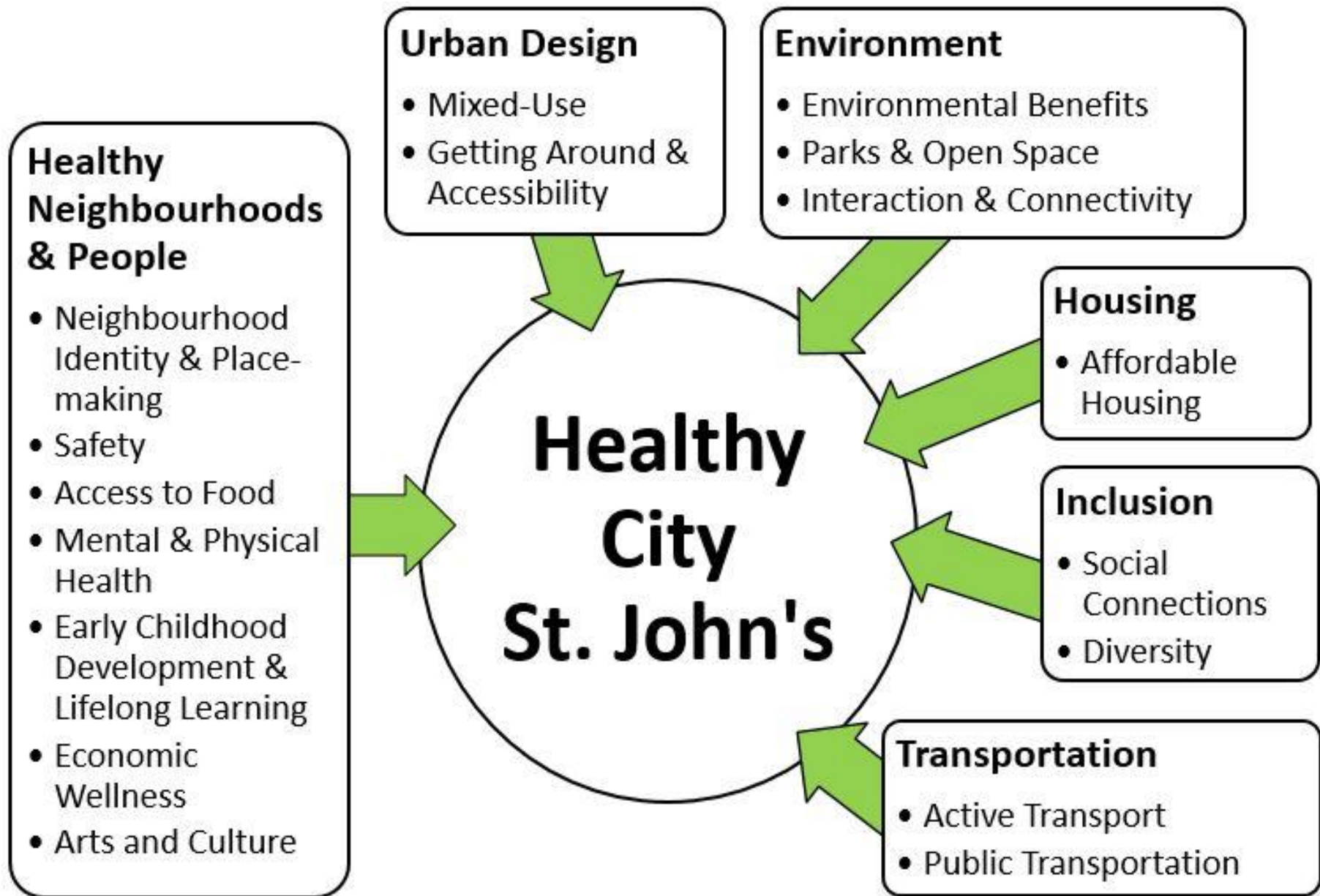
# Measurement Evaluation & Funding



- Partnership with External Partners and Stakeholders – Ex. CIHR Healthy Cities
- Using evidence + data + evaluation to measure impact
- Adapting existing data collection tools

# Where We Are Now

- Through the Healthy City Strategy, the City of St. John's is seeking the input from experts
- Finalize the 'Healthy City Strategy Workplan'
- Public & Stakeholder Engagement to inform Related Actions/Projects



Thank You

**Questions?**



Living in St. John's

City Services

Your City

Budget Information

Careers

City Awards

City Grants

City Guide

Getting Around St. John's

Healthy City St. John's

Neighbourhood Profiles

Our City Our Story

Sustainability

Volunteer

Your Property

Animal Care and Adoption

Building, Renovation and  
Repairs



Living in St. John's

Your City

Healthy City St. John's

Healthy City St. John's

A A A



Healthy City Strategy

Healthy City FAQ

Community Gardens

Northeast Avalon Healthy Communities Alliance

Healthy City St. John's is about making small changes in our neighbourhoods that work to promote healthier people and healthier places that support a healthier future, for everyone.

What Makes a Healthy City?

A 'Healthy City' is one where all resident, regardless of their background, or what neighbourhood they live in, have access to the factors and conditions that impact health and wellbeing.

A healthy city is a place where the healthy choice is not only the easy choice, but the logical choice.

To learn more about Healthy City St. John's see the section on our [Healthy City Strategy](#)

For more information on the City of St. John's Healthy City project, explore the [FAQ's](#), connect with us by email at [healthycommunities@stjohns.ca](mailto:healthycommunities@stjohns.ca), or by phone at [\(709\) 576-8628](tel:709-576-8628).



**Update from GoBus  
November 26, 2020**

**GoBus RFP**

Recently met with the Paratransit Working Group and a working group of the IAC to discuss the upcoming RFP for GoBus. Our focus is on addressing current challenges and moving towards a more equitable and inclusive transit service for everyone. We are currently exploring options related to the following:

**Service Delivery:**

- Investigating moving to an “on-demand” model of service delivery which would offer increased efficiency and an enhanced customer experience through app-based, real-time scheduling options. This would remove the requirement to book 24 hours in advance, create more efficiency and provide more reliability for customers.
- Enhancing service standards for quality control, including financial penalties if standards are not met.

**Rebranding:**

- Exploring the idea of rebranding GoBus to look more like Metrobus (but still operate like GoBus) as a move towards creating a more integrated, equitable transit service. We would also align GoBus’ hours of operations with those of Metrobus, including holiday days-off.

**Sustainability/Contract:**

- Researching various payment structures to contractor and any third-party trip providers to help achieve cost savings and increased efficiency where possible.
- Investigating new vehicles to replace the current aging fleet.

We plan to issue the RFP for the GoBus service provider in the Spring, 2021.

November 18, 2020

[REDACTED]  
Email: [REDACTED]

Dear [REDACTED]

Thank you for your recent correspondence to Premier Andrew Furey and for sharing your idea to establish a playground that would be suitable for use by older children and adults. As you stated in your email, after visiting playgrounds with your son who has a disability, you have personally experienced that the majority of playgrounds available have been designed for use by children and equipment available are often not suitable for adult size individuals.

Providing inclusive recreation opportunities for individuals of all ages is important. The Department of Tourism, Culture, Arts and Recreation (TCAR) and Recreation Newfoundland and Labrador will work together to complete a jurisdictional scan to determine if there are similar initiatives in Canada.

I encourage you to contact Linda Roberts in the Recreation and Sport Division at 729-5270 or via email [lindaroberts@gov.nl.ca](mailto:lindaroberts@gov.nl.ca) to have a further discussion regarding your idea and to make you aware of funding programs that are available for accessible initiatives in Canada.

Sincerely,



HON. BERNARD DAVIS, MHA  
District of Virginia Waters - Pleasantville  
Minister

c: Premier Andrew Furey  
Loyola O'Driscoll, MHA, District of Ferryland  
Mayor Danny Breen  
Mayor Dave Aker  
Mayor Dan Bobbett  
Sheilagh O'Leary

## Sherry Mercer

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**From:** [REDACTED]  
**Sent:** Monday, October 26, 2020 2:48 PM  
**To:** Premier of NL; Davis, Bernard; Sheilagh O'Leary  
**Cc:** Mayor; daker@mountpearl.ca; mayor@paradise.ca; O'Driscoll, Loyola  
**Subject:** Idea Proposal for Accessible Recreation

To whom it may concern,

I am contacting you with an idea to benefit adults with intellectual and developmental disabilities. It would promote physical fitness, encourage socialization, and cultivate community. I propose the construction of an adult-sized playground specifically for older children and adults with disabilities.

This summer I visited several playgrounds with my son. He is 15 years old and on the autism spectrum. He looks forward to playground visits now as much as he always did. We attempt to make visits at non-peak times, as there is certainly a size disparity between him and younger children. However, there is no time that we can go and the equipment is appropriate for his use, or designed for his size. To watch him attempt to play on the beloved equipment that no longer meets his needs is heartbreaking.

I know that my son's situation is not unique.

The joy of movement and play should be encouraged. Not everyone outgrows it. Our communities and province should nurture this natural instinct to be active and interactive with peers.

I envision a playground with equipment that fits older children and adults. A meeting place for developmentally and intellectually disabled older children, adults and their families.

Our communities invest so much in infrastructure for physical fitness and wellness. We have walking trails, swimming pools, recreation centres. We need to think about the members of our communities who are not being serviced, who do not benefit easily from what is in place.

I ask that we come together to make this space a reality. I have contacted Playquest Canada, and they assure me that such equipment is available. I offer that in consultation with the disabled adult community, community groups such as Special Olympics, Coalition for Persons with Disabilities, and Vera Perlin Society we could create a space that meets these unique, yet very important needs.

I recognize that this would be an expensive undertaking, and petitioning of business and industry could play a key part. The Rick Hansen Foundation has created a list of potential sponsors for accessible playgrounds which we could explore.

I look forward to hearing from you, and would love to discuss this further. I appreciate your time in reading this letter.

[REDACTED]